



### Deep Release Online

Professional Training for Counsellors

#### ATTACHMENT AND SHAME



# **SESSION 1: THE ORIGINS OF SHAME** https://www.artelista.com/en/artwork/6991221249505754-shameshameshame.html

#### PRIMARY EMOTIONS

#### Don't rely on self-consciousness or introspection



#### **EMOTIONAL SECURITY**



"...It is our response to love that 'fills us up'. It is our own loving feelings inside that provide a feeling of 'being full'. As we are loved, we love back..."

The Mom Factor Cloud & Townsend

#### **EMOTIONAL SECURITY – SECURE ATTACHMENT**



Love is available

Love is given

I am worthy to receive that love

#### WHEN EMOTIONAL SECURITY IS PRESENT



Emotional attachment is a primary process, thinking is a secondary process.

We must be nurtured before we can begin to think and use language...

When emotional security is present, our thinking rests on a bedrock of safety and security...

#### **CREATIVE TOOLS: THE CORE NEEDS CARDS**





take a moment.

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#### **CREATIVE TOOLS: THE CORE NEEDS CARDS**





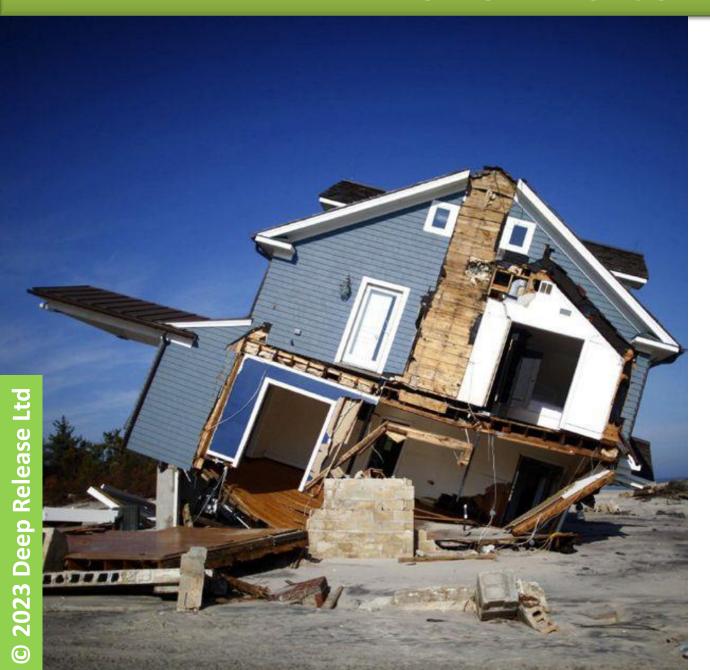






take a moment.

#### WHEN EMOTIONAL SECURITY IS NOT PRESENT



When emotional security is not present, our thinking doesn't rest on solid rock, but on sand... on feelings of being unloved, and feelings of suspicion and lack of trust.

We are consumed by negative, distrustful and fearful thoughts about ourselves, about others and about the world at large...

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#### **THINKING PROBLEMS**

"This is why some efforts at positive thinking fail.

The problem is not with the thinking, but with the lack of love underneath.

Insecure people think insecure thoughts."



#### **SECONDARY EMOTIONS**

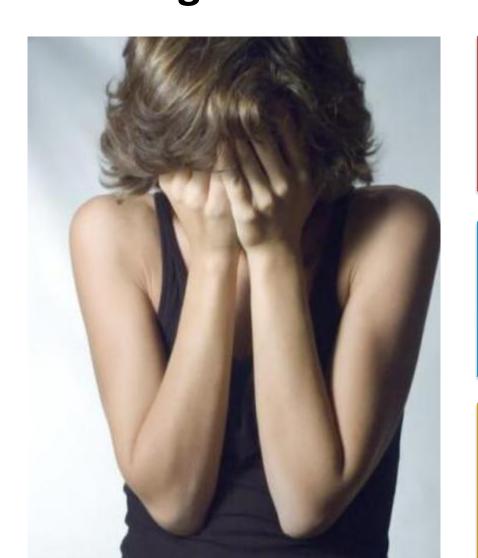
### Self-conscious We compare our actions against our standards and beliefs

Embarrassment

I feel a fool...

Jealousy
You've got what
I should have

Envy
I want what
you've got



Comparisons
I'm not as good
as you are

Guilt/Toxic Guilt

I have done a bad

thing

Shame/Toxic Shame

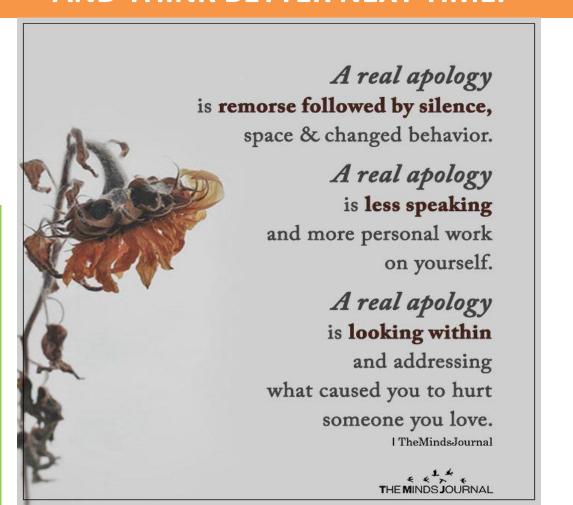
I <u>am</u> bad,

irredeemably flawed

#### **HEALTHY SHAME vs TOXIC SHAME**

HEALTHY SHAME MOTIVATES US INTO UNDERSTANDING THAT WE CAN BE FORGIVEN. WE CAN LEARN, AND BEHAVE AND THINK BETTER NEXT TIME.

TOXIC SHAME PARALYSES US, CONFIRMING
OUR BELIEF THAT WE ARE DEEPLY FLAWED
AND CANNOT BE – SHOULDN'T BE FORGIVEN





#### **TOXIC EMOTIONS**

Guilt

I have done a bad thing

- Purely Obsessional (Pure-O)
- Intrusive Thoughts

Shame
I am bad

**Ashamed-in-Advance avoidance Scrupulosity** 

Toxic Guilt

It's all my fault

Toxic Guilt

I might have done a bad thing

Toxic Guilt

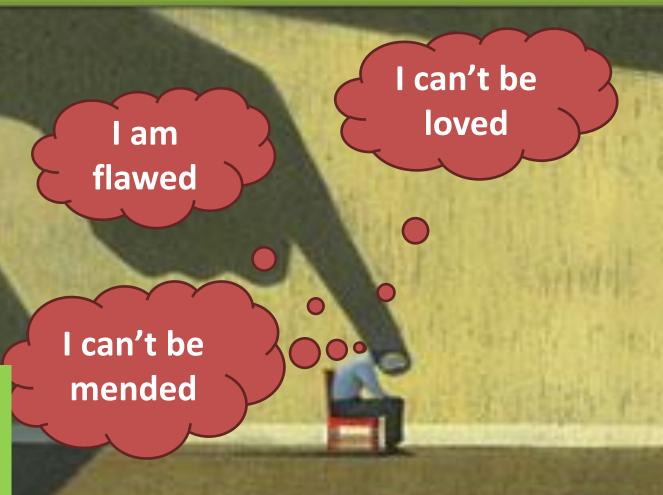
I might do a bad thing

Toxic Shame
I am irredeemably bad

Toxic Shame
I am fundamentally flawed

Toxic Shame

I am worthless & unloveable



Shame mercilessly calls us back and demands our loyalty

"Letting go of Shame", Ronald & Patricia Potter-Efron

What stage of our life is shame calling us back to?

#### THE POLLUTING EFFECTS OF SHAME



When the words and actions of others cause us deep pain and distress, how interesting that we can find ourselves feeling that ...

- we are the one to blame
  - it was our own fault
- we caused the problem
- we deserve to be punished
  - we deserve to suffer

#### **SELF-BLAME AND SHAME**

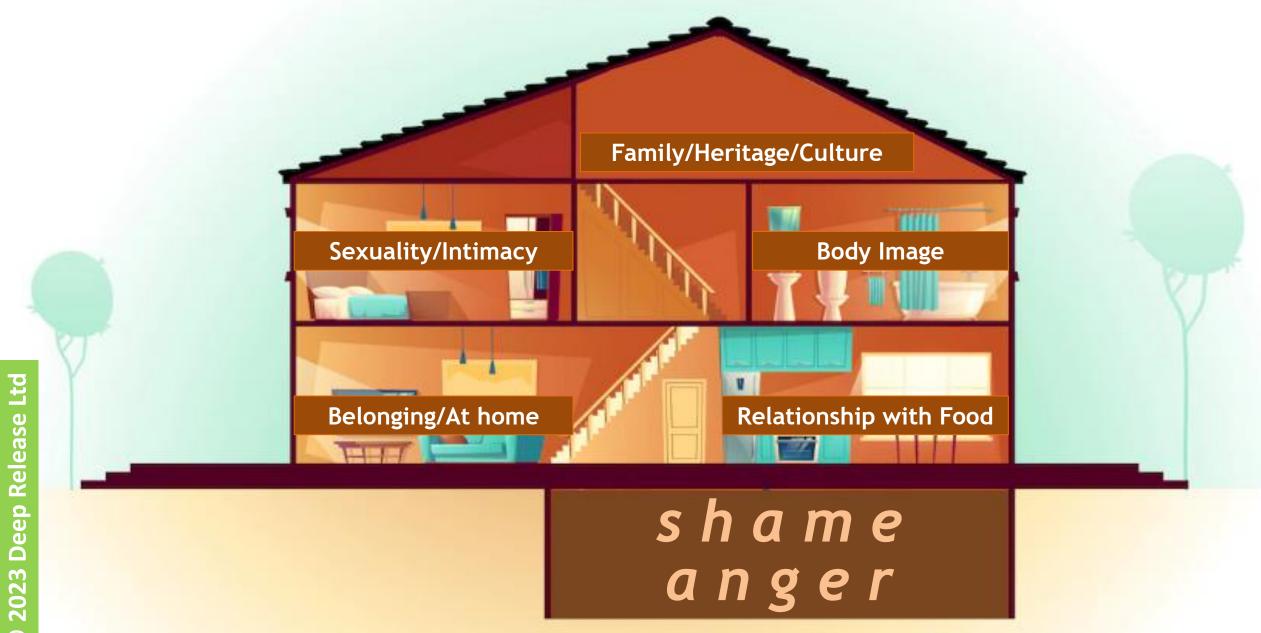
"It was all my fault..."

It can be more helpful to ask:
"How much of it was me?"

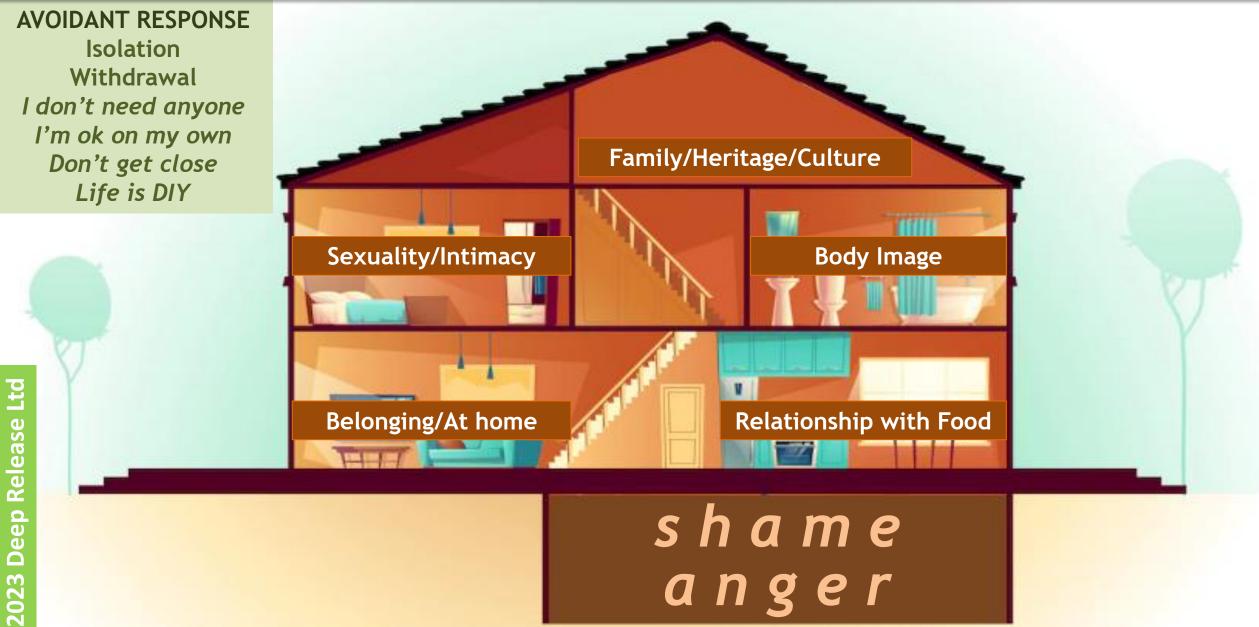




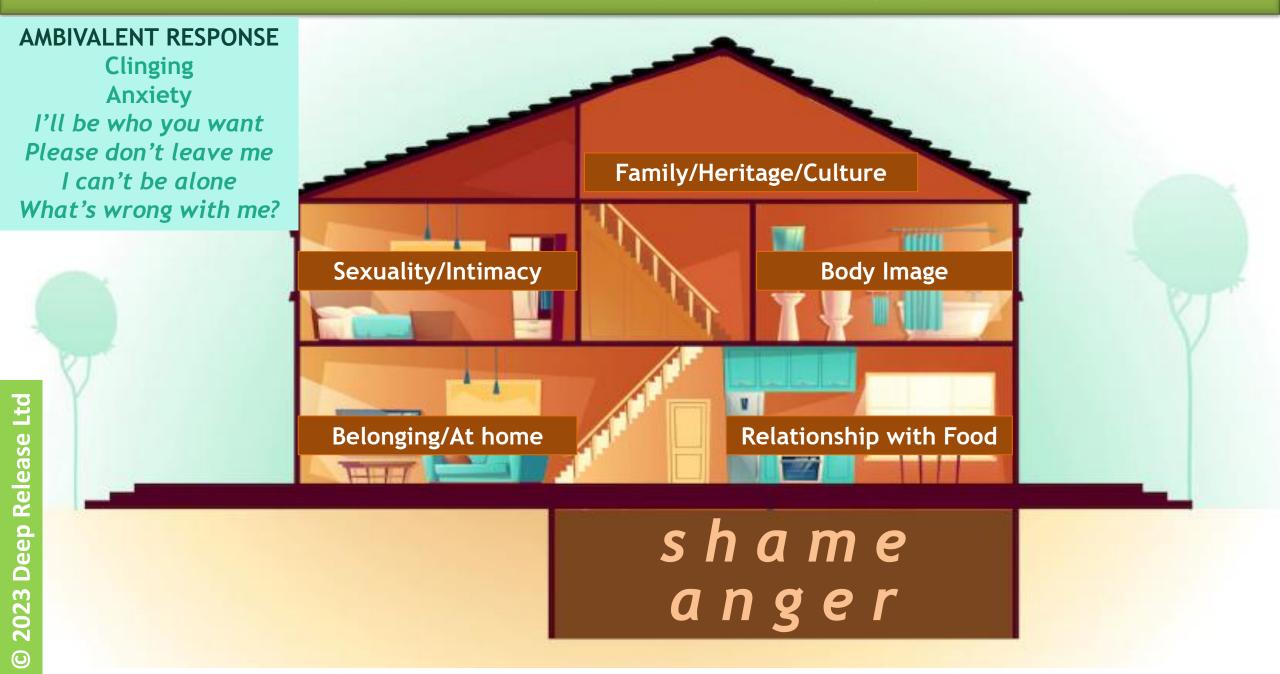
#### THE INVASIVE AND PERVASIVE EFFECTS OF SHAME



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#### THE INVASIVE AND PERVASIVE EFFECTS OF SHAME





#### **Share in Buddy Groups**

How easy is it for you to talk about shame?

As much as feels safe, share your response to the teaching

15 minutes







#### **SESSION 2: ERIKSON AND THE PSYCHOSOCIAL CRISIS**

#### **ERIKSON'S LIFE STAGES/STATES**

0-2 years **INFANCY** 

2-4 years **EARLY** CHILDHOOD CHILDHOOD

4-6 years **MIDDLE** 

**7-11** years LATE

12-18 years **EARLY** CHILDHOOD ADOLESCENCE

19-24 years **ADOLESCENCE**  25-45 years **ADULT-**HOOD

45-65 years **MIDDLE AGE** 

65+ years **SENIOR** AGE



















**Trust** 

**Autonomy Initiative Competence** 

Group

Identity

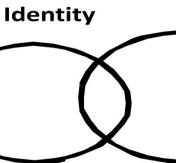
**Intimacy Productivity Integrity** 









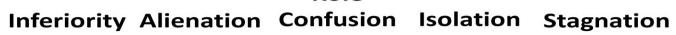






**Mistrust** 





Role





















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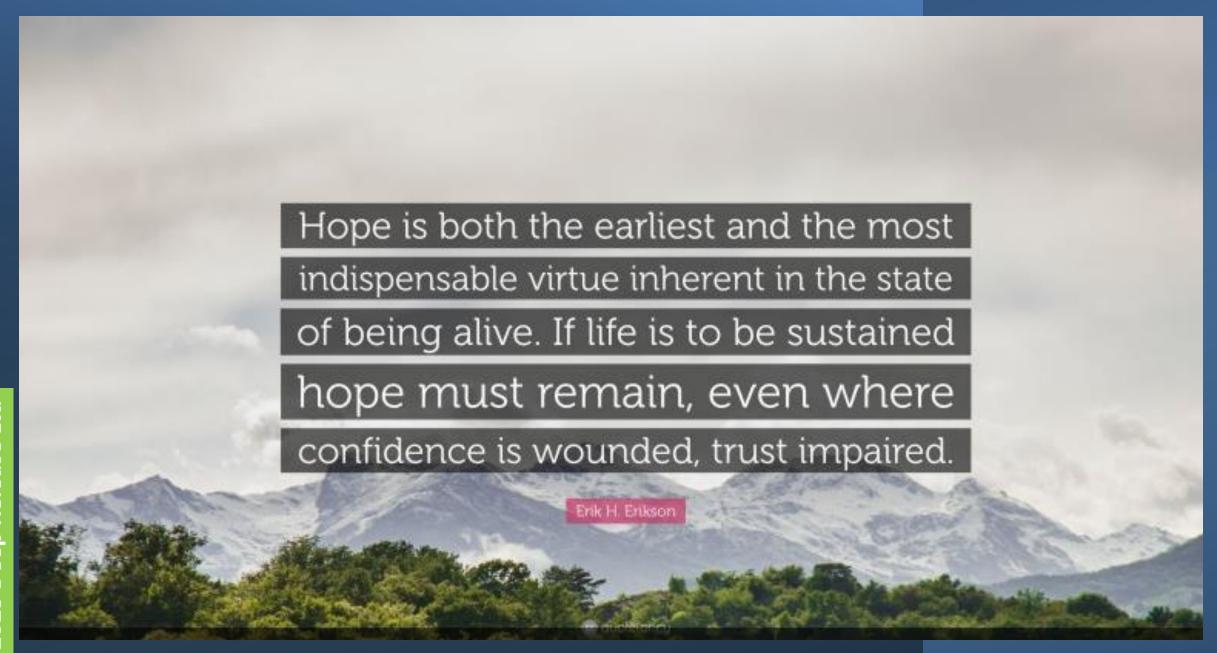
#### **Erikson's Life Stages and States**

Approximate Age	Psychosocial Crisis/Task		Virtue Developed
Infant - 18 months	Trust	Mistrust	Норе
18 months - 3 years	Autonomy	Shame & Self Doubt	Will
3 - 5 years	Initiative	Guilt	Purpose
5 -13 years	Industry	Inferiority	Competence

#### **Erikson's Life Stages and States**

Approximate Age	Psychosocia	l Crisis/Task	
Infant - 18 months	Trust	Mistrust	Fear
18 months - 3 years	Autonomy	Shame & Self Doubt	Inefficacy*
3 - 5 years	Initiative	Guilt	Inertia*
5 -13 years	Industry	Inferiority	Lack of confidence

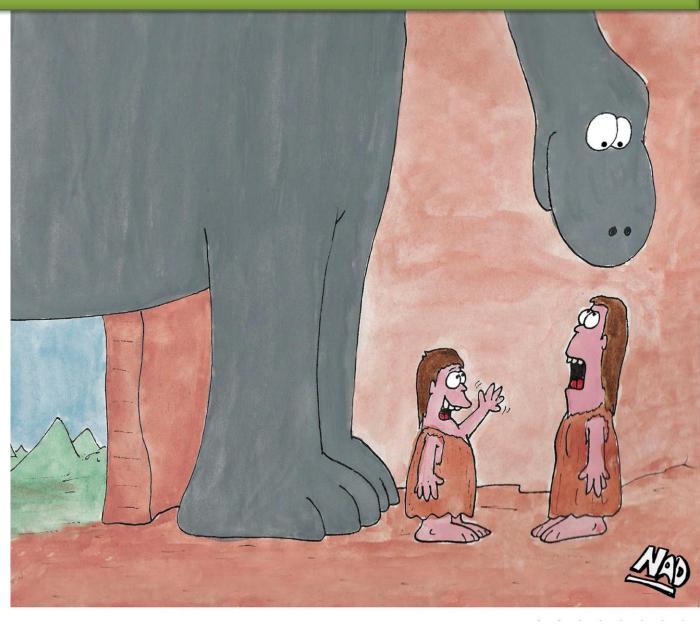
\*lack of power to produce a desired effect
\*\*a tendency to do nothing or to remain unchanged



#### THE ORIGINS OF SHAME

In primitive societies the group was highly important. You could find a partner, share child care, pool resources and defend against wild beasts!

Rejection by the group could mean death!



"He followed me home mum... can I keep him, please, can I!"

#### THE SUBMIT RESPONSE

"Shame helps to drive the animal defence of submission: shame causes us to avert our gaze, bow our heads, and collapse the spine.

Submission, or 'feigned death', is the defence of last resort when we are trapped and powerless. In an environment in which fight and flight are unsafe, shame enables the child to become compliant, 'seen and not heard', and preoccupied with avoiding 'being bad'."

Janina Fisher





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#### THE SUBMIT RESPONSE



The body takes on a submissive posture.

It is a signal of apology,
I have made a mistake,
I have broken the rules...
I want to show you I am sorry,
I am ashamed of myself.



#### **SHAME AND ABANDONMENT**

"Shame, like anxiety, functions as a signal of danger, in this case interpersonal or social danger."

Judith Herman

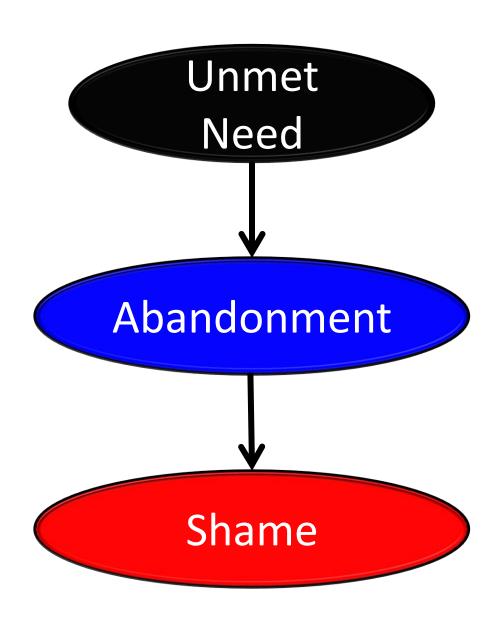
"Intense physical feelings warn you that you might get <u>abandoned</u>.

This feels like annihilation, and is a greater fear than being killed..."

Janina Fisher, lecture 2014



#### SHAME – A DEVELOPMENTAL DISORDER



### SHAME AND RESTORATION

In the animal world, submissive behaviour elicits approach behaviour from fellow members of the group.



Shame is the great enforcer of negative legacy emotions, an emotional slap in the face to keep us in line...

"Guilt, Shame and Anxiety", Peter Breggin





I smile to your face but will betray you

#### THE BULLY BOSS



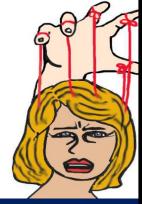
I use intimidation and control to rule by fea

#### THE DESTROYER



I undermine, humili and crush people don't like

#### THE GASLIGHTER



It's all in your min
I suggest you see to doctor

#### THE DECEIVER



I am a user and abuser

#### **REWRITE HISTORY**



I leave out key details that put me in a bad light

#### PLEASE DON' SEE ME



want to hide

roups aren't sa

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THE INNER CRIT



Messages fro the past make doubt myse

#### OUT



I will never be part of the 'in' group – don't fit in

#### **FOOLISH**



Why did I let that happen?

#### **TORN APA**



I need to leave group but it f devastating

#### **ISOLATE**



I will never be hur by a group again

#### **GHOST**



I leave the group and cut myself off entirely

### THE ANTIDOTE TO SHAME IS EMPATHY

Quotes from Brené Brown, Researcher

"Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love, belonging and connection."

"The antidote to shame is empathy. If we reach out and share our shame experience with someone who responds with empathy, shame dissipates."



#### **HOW SHAME AFFECTS OUR FEELINGS**



#### **HOW SHAME AFFECTS OUR FEELINGS**



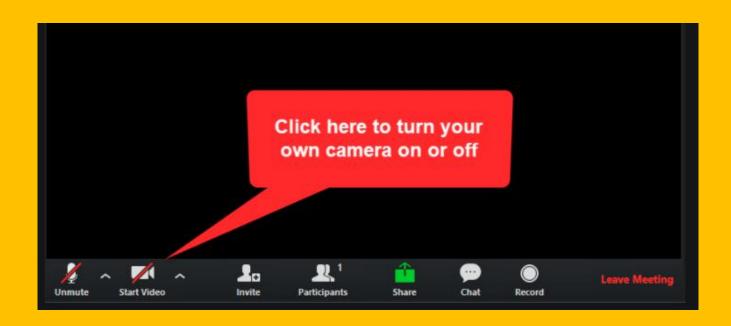
# HOW SHAME AFFECTS OUR FEELINGS with Angie Dulwich





# Please turn your video off for the film

# **THANK YOU!**



# **Share in Buddy Groups**

How have your experiences in groups contributed to your own Shame Story?

15 minutes









#### **SECURE ATTACHMENT AND SHAME**

#### **INTERNAL WORKING MODEL**

- I am accepted as I am
- Ruptures can be repaired
- I can make mistakes and still be forgiven
- I can share my emotions
- I do feel shame, but it's not toxic



Love is available
Love is given
I am worthy to
receive that love



#### **INSECURE AVOIDANT ATTACHMENT AND SHAME**

#### **INTERNAL WORKING MODEL**

- Needs were met practically functional
- "Get a grip"
- "Don't be needy"
- Attachment behaviour <u>DEACTIVATED</u>





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#### THE AVOIDANT CLIENT IN THE COUNSELLING ROOM

- An avoidant client is unlikely to want a close therapeutic relationship
  - Suspicion
  - Distrust
  - D.I.Y.
- Need to allow space and time
- Dismissive of own needs (and often of the needs of others)
- Lonely

The Avoidant Counsellor??



#### **INSECURE AMBIVALENT ATTACHMENT AND SHAME**

#### **INTERNAL WORKING MODEL**

- Love is Unpredictable
- Needs met inconsistently

Attachment behaviour is HYPERACTIVATED

Preoccupied/Fearful





#### THE AMBIVALENT CLIENT IN THE COUNSELLING ROOM

- An ambivalent client is very likely to want a close therapeutic relationship
  - Wants to know about you, the counsellor
  - May start 'twinning'
  - Wants approval 'don't leave me' (but watch for the 'go away'...)
- Anxious that their needs may be too much for you
- Fearful of rejection

Please don't leave me....

The Insecure Ambivalent Counsellor?

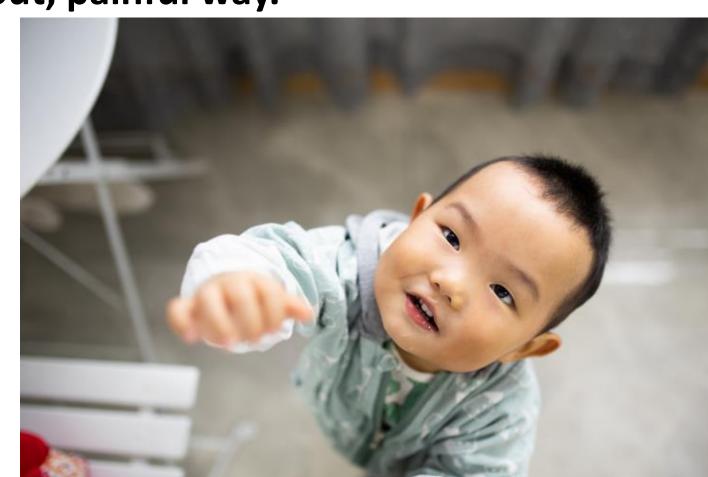


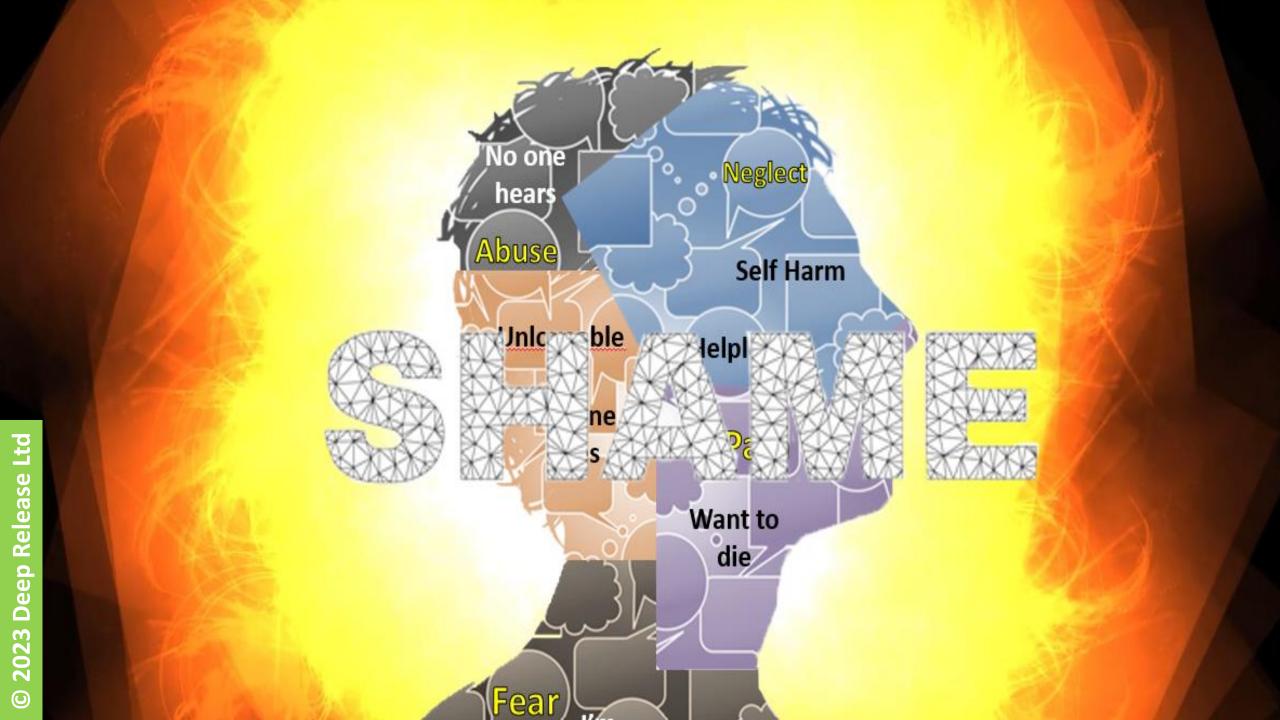
#### **ORGANISED ATTACHMENT**

Secure, Avoidant and Ambivalent attachment styles are all *organised*. Infants are able to reach their Attachment Figure, either in a healthy, secure way, or in a roundabout, painful way.

Attachment is organised and stable, but not happy.

(Adah Sachs)





## THE SHAME OF NEEDING THERAPY

"[Therapy] is a reminder of our traumatic powerlessness and evokes continual ripples of shame, as we struggle to answer the questions, and struggle to contain our neediness.

We struggle – shamefully, oh so shamefully – to come to terms with the past that we deny and all those shameful, rejected, disowned parts of our self with their attachment needs grinding mercilessly away at our adult avoidance..."

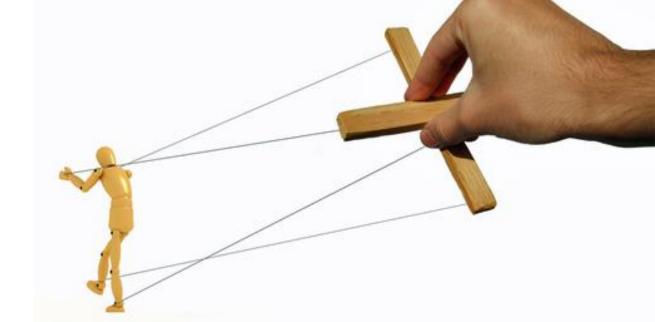


#### SHAME IN THE COUNSELLING ROOM

"Shame is the puppet-master behind us, limiting our moves, directing our flight into the avoidance of downcast eyes and cowering withdrawal, the silent contortions of not having words to express it, not having feelings to feel it...

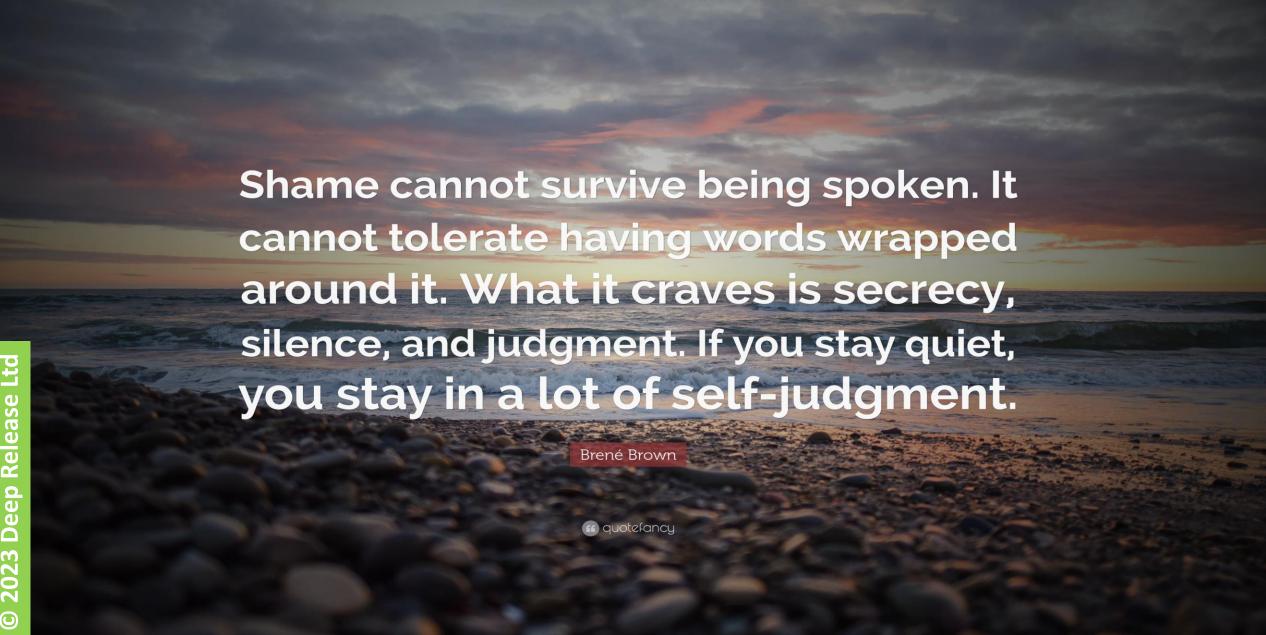
We need to keep the therapist at a distance and not contaminate them with this thick, black, tar-like yuck of shame that we seem to breed from within ourselves.

In remembering and processing and moving beyond the shame, it's a constant struggle with shame to be able to go there at all..."

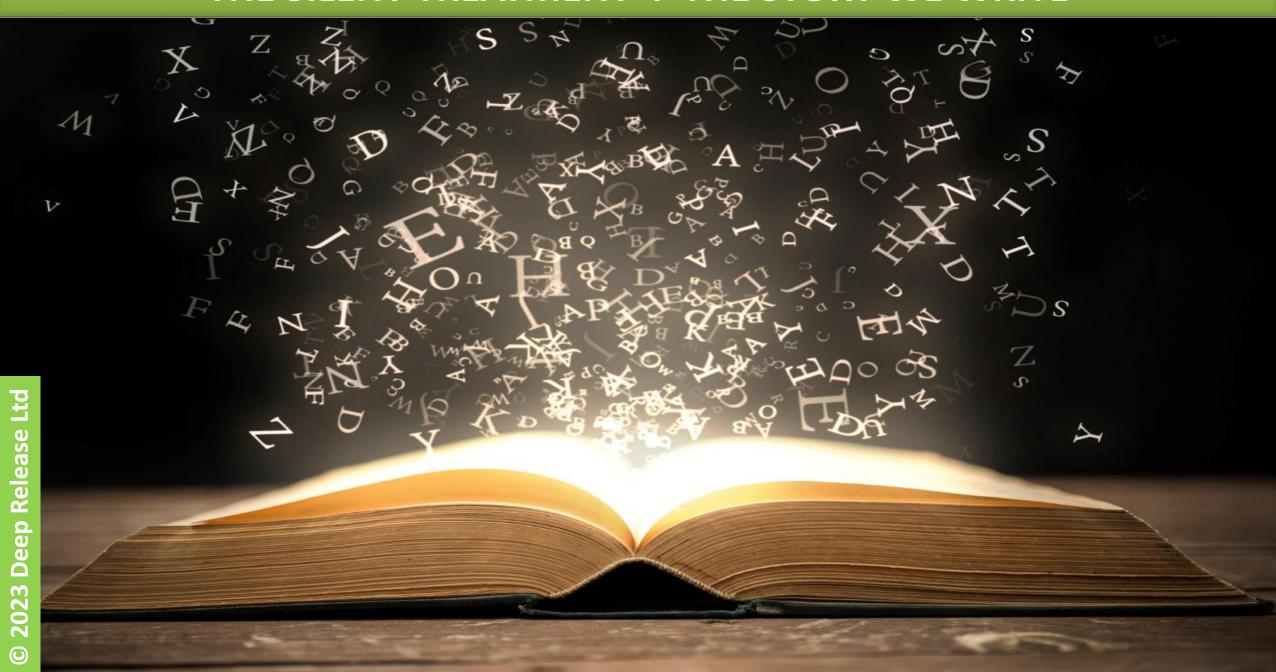


Carolyn Spring: Recovery is my Best Revenge

# **SHAME: THE STORY WE WRITE**



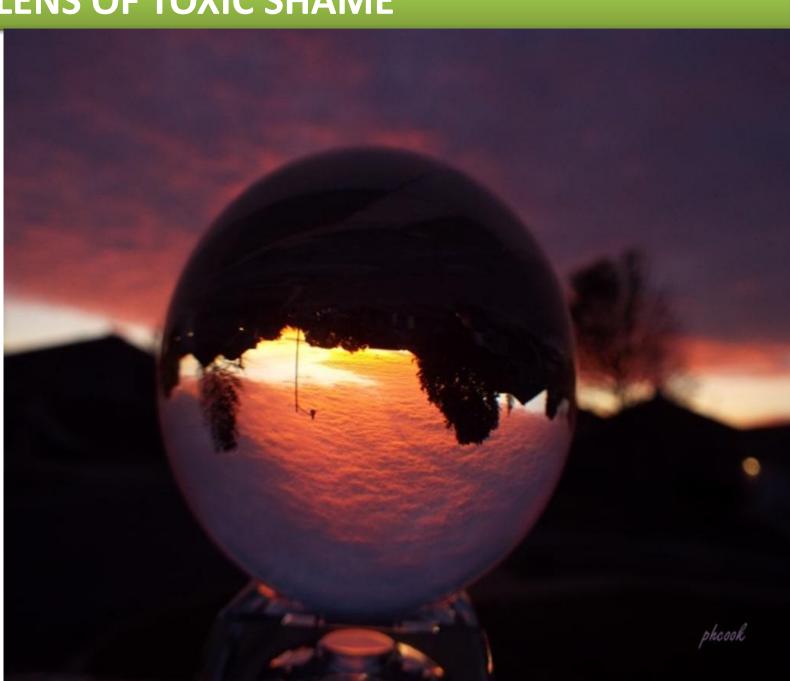
# THE SILENT TREATMENT: THE STORY WE WRITE



# THE LENS OF TOXIC SHAME

### A TOXIC SHAME LENS...

- Magnifies our 'crime'
- Distorts our perspective
- Blurs our focus
- Turns things upside down
- Twists the truth



# **MALICIOUS SCRIPTS**

"Heart Support" hosted our website

 It was all to do with malicious scripts taking advantage of a weakness in our code

To get rid of this malice, we had to remove the original

vulnerability

Our whole system needed a radical clean-up to make it "re-enabled"!



# **MALICIOUS SCRIPTS**

"Weaknesses in our code" leave us particularly vulnerable to "malicious scripts". They find a landing place deep inside and really hurt us.

We need some 'heart support', not just to heal the wounds of the unkind words, but also to identify those original vulnerabilities...



# **Share in Buddy Groups**

What is your own Attachment Style, and how does this impact your client work?

15 minutes





# A DAMAGE LIMITATION POLICY

Shame can provide a 'braking system' that can be protective – but only if the parent soothes and transforms shame states.



When there is good repair, this can increase the child's capacity to self-regulate.

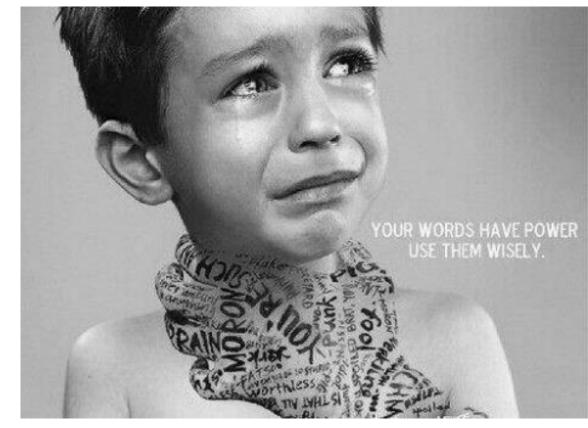
"But that requires that limits are set in ways that do not frighten or shame the child..."

## **SHAME AND RESILIENCE**

If the parent can repair the rupture of a shaming experience by soothing, hugs and kisses, explaining and reassuring, the child can develop resilience.

When there is neglect, trauma and abuse, shame states are not repaired and this <u>decreases resilience</u>.

We form an internal working model of relationship in which our basic needs are inherently shameful.



Janina Fisher

#### **ATTACHMENT OR ATTACKMENT?**

Chronic shame occurs when the opportunity for repair has passed and redemption feels impossible.

The shame-laden person is anchored in unworthiness and can't hear kind or positive words from us.

Shame then becomes internalised – it can be generated wholly from within



# "THE ANSWER TO SHAME IS PERFECTION"

- Never make a mistake again
- Never speak unwise words again
- Never hurt anyone again
- Never upset anyone again
- Stay hidden, keep quiet, don't be seen
- Never make anyone angry again

## **BOTH SINNER AND SAINT**

# I am both sinner and saint

I am capable of total selfishness... and also of loving deeply

I am capable of being utterly foolish... and also of having profound wisdom

I sometimes suffer from crass foot-in-mouth disease... and I also can have real sensitivity and tact

There are times when I feel compassion fatigue... and I am also capable of genuinely deep, unconditional acceptance

### **BOTH SINNER AND SAINT**

I am capable of restraint, dignity and decorum... and sometimes blubbing like a child when things go wrong I am capable of being humbly open to feedback... and I can also be defensive, even aggressive when challenged I know I can be intolerant... and I also know I am capable of endless patient endurance

I sometimes despise my faults and failings... and I am also learning to love myself with grace

You see, I don't always get it right - but nor do I always get it wrong. And that's ok.

"Therapists are never 'done' with growth; they are simply people who should be dedicated to learning as much about themselves and others as they possibly can. The best therapists are fully human and engage in the struggles of life. Our own failures help us to remain open to the struggles of others; our personal victories give us the optimism and courage to inspire those struggling with their lives.

~ Louis Cozolino

www.littlewindow.com.au



# **Share in Buddy Groups**

Say Goodbye and exchange details if you wish

5 minutes









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New,

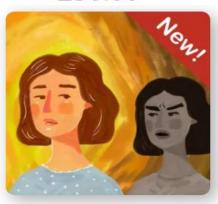
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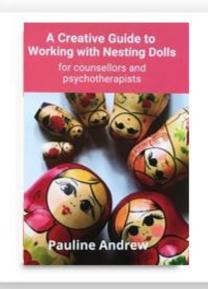


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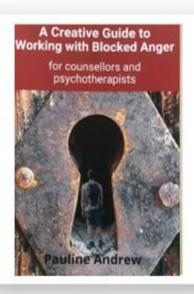
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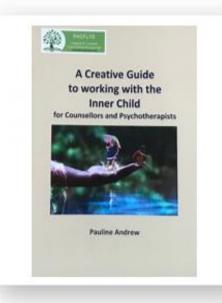
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